

Zingy Lemon Chicken Pasta

Makes: 4 Servings

This creamy pasta dish with a hint of lemon is sure to be a family favorite. Packed with chicken and topped with crunchy almonds, it can be baked and ready to serve any night of the week.

Ingredients

8 ounces whole wheat spaghetti, uncooked
1 tablespoon tub margarine
1 tablespoon olive oil
1 1/4 pounds boneless, skinless chicken breast, cut into 3/4-inch pieces
5 green onions, sliced
1 clove large garlic, minced
1/4 cup all-purpose flour
1/4 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon cayenne pepper
1 1/3 cups chicken broth
2/3 cup skim milk
2 teaspoons prepared mustard
1/4 cup freshly squeezed lemon juice
 for Topping:
1/4 cup chopped almonds
2 tablespoons chopped chives or scallions
1/4 teaspoon paprika (optional)

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	540	
Total Fat	15 g	23%
Protein	35 g	
Carbohydrates	56 g	19%
Dietary Fiber	8.5 g	34%
Saturated Fat	2.9 g	15%
Sodium	324 mg	14%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	3 ounces
Protein Foods	3 ounces
Dairy	1/4 cup

1. Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth.
2. Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.
3. Heat margarine and oil in a skillet. Add chicken pieces, green onions and garlic. Sauté until chicken is just firm and cooked through, about 10 minutes.
4. Prepare pasta according to package directions and drain. Combine sauce, chicken and pasta mixture.
5. Put into a 2 ½-quart casserole dish. Sprinkle top with almonds, chopped chives and paprika (if using).
6. Bake at 375° for 10 minutes or until heated through.

Notes

Serving Suggestions: Serve with steamed broccoli, skim milk, apple slices.

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.